

Special Education Leadership *Brown Bag Lunch* Webinar

Going APE: What Special Education Leaders Need to Know About Adapted Physical Education

May 15, 2013



Pennsylvania Training and Technical Assistance Network

PaTTAN's Mission

The Pennsylvania Training and Technical Assistance Network is an initiative of the Pennsylvania Department of Education working in partnership with families and local education agencies to support programs and services to improve student learning and achievement.

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PDE's Commitment to Least Restrictive Environment (LRE)

Our goal for each child is to ensure Individualized Education Program (IEP) teams begin with the general education setting with the use of Supplementary Aids and Services before considering a more restrictive environment.

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PE for Students with Disabilities

What do you already know?



APE POLL QUESTIONS

1. Which is the correct term for specially designed physical education instruction?

- a) Adapted Physical Education
- b) Adaptive Physical Education
- c) All Inclusive Physical Education

APE POLL QUESTIONS

2. Is APE a...

- a) Related service as identified on a student's IEP?
- b) Direct service as identified on a student's IEP?

APE POLL QUESTIONS

3. How many student in your LEA have APE goals in their IEP?

- a) None
- b) More than 5
- c) All

APE POLL QUESTIONS

4. Who provides APE to students who require it in your LEA?

- a) No one
- b) Physical Education Teacher
- c) APE teacher
- d) Parent
- e) Physical/Occupational Therapist

APE POLL QUESTIONS

5. Students with disabilities should be assigned *only* as times, scorers, line judges and officials during physical education activities?

- a) True**
- b) False**

PA APE HISTORICAL BACKGROUND

December 2009-present:

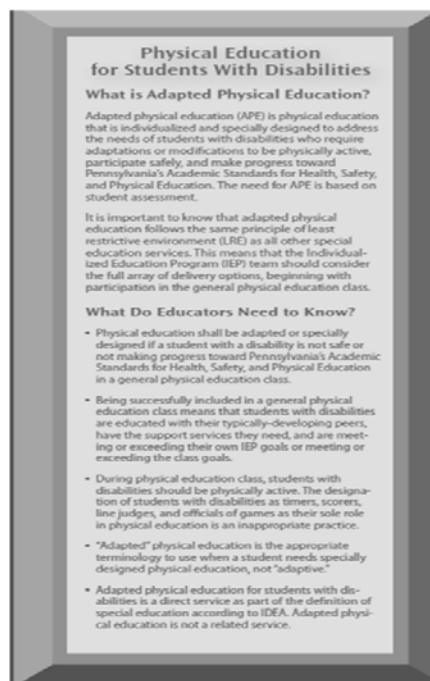
~PDE formed the *PA Council on Adapted Physical Education*

***Survey to PDE conference attendees/ LEAs/ IUs**

***Penn*link**

***Training plan**

PaTTAN Publication



Physical Education is a Required Part of Special Education

300.39 Special education

(a) General.

(1) **Special education** means specially designed instruction, at no cost to the parents, to meet the unique needs of a child with a disability, including:

(i) instruction conducted in the classroom, in the home, in hospitals and institutions, and in other settings; and

(ii) instruction in physical education ...

Quick Notes:

Physical Education is the **ONLY** curricular area specifically identified in the law.

Instruction in Physical Education *must* occur; and if necessary ... it may be adapted.

Physical Education is a **DIRECT SERVICE!**

Physical Education is a Required Service, Not a Related Service

- A related service may be needed for the student to successfully participate in required physical education (i.e., PT to assist with a balance apparatus while teaching bike riding in physical education)



Specific Physical Education Regulations in IDEA 2004

(b) **Regular physical education.**

Each child with a disability must be afforded the opportunity to participate in the regular physical education program available to nondisabled children **unless:**

- (1) The child is enrolled full time in a separate facility; or
- (2) The child needs specially designed physical education, as prescribed on the child's IEP.



Physical Education Specifics in IDEA 2004

300.108 Physical education

The State must ensure that public agencies in the State comply with the following:

(a) General: Physical education services, specially designed if necessary, must be made available to every child with a disability receiving FAPE, **unless the public agency enrolls children without disabilities and does not provide physical education to children without disabilities in the same grades** (text in red is new as of IDEA 2004).

Physical Education Standards

Pennsylvania Department of Education State Standards

National Association for Sport and Physical Education (NASPE)

Pennsylvania Department of Education State Standards

Academic Standards for Health, Safety and Physical Education



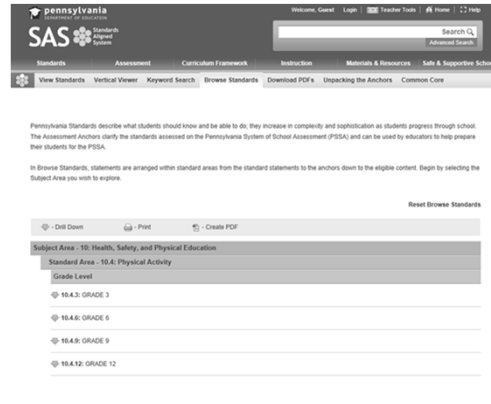
Pennsylvania Department of Education

22 Pa. Code, Chapter 6, Appendix 27 (6058-27f) Final Form August A July 18, 2002



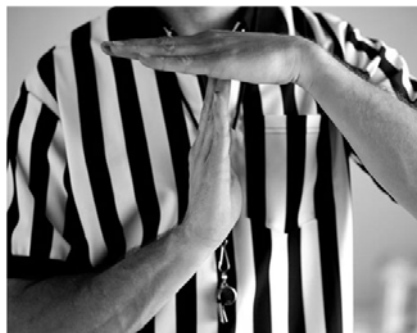
Pennsylvania Department of Education
<http://www.education.state.pa.us>

Pennsylvania Department of Education State Standards



<http://pdesas.org/Standard/StandardsBrowser#23654>

But, WAIT?



What is Physical Education?

What is Physical Education?

300.39

(2) Physical Education means:

(i) The development of –

(A) Physical and motor fitness

(B) Fundamental motor skills and patterns; and

(C) Skills in aquatics, dance, and individual and group games and sports (including intramural and lifetime sports).



Individuals with Disabilities Education Act (IDEA)

<http://www.idea.ed.org>

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Purpose of Physical Education

The purpose of physical education is to “help students develop the skills, knowledge and desires they need in order to be physically active now and for the rest of their lives” (Himberg, 2004).

Adapted Physical Education (APE)

When students with disabilities are provided with specialized instruction in physical education to meet their unique needs, they are receiving **Adapted Physical Education (APE)**.

Adapted Physical Education (APE) constitutes **NOT** a placement but a “continuum of services”.

And, these services must be provided in the Least Restrictive Environment (LRE).

Identifying Students for Adapted Physical Education Services

- Adapted PE must be a part of the special education process.
- How do students qualify for adapted physical education and how are levels of APE services determined?

just like any other direct service: assessment data collected and reviewed by IEP team



Continuum of Student Needs

- Students who meet or exceed PA standards
- Students who are not meeting grade level standards and in need of remediation.
- Students who need accommodations and remediation due to health related issues under Section 504.
- Students who are not meeting grade level standards and have been identified as students with disabilities under IDEA as needing adapted physical education service.



Examples of Assessment Tools

- Physical Fitness Tests
 - Fitnessgram Physical Fitness Test
 - Brockport Physical Fitness Test
- Motor Development
 - Test of Gross Motor Development-2 (TGMD-2)
 - Peabody Developmental Motor Skills-2 (PDMS-2)
- Motor Performance
 - Adapted Physical Education Assessment Scale
 - Bruininks-Oseretsky Test of Motor Proficiency
- Aquatics
 - Red Cross Skill Progression
 - Aquatics Skills Checklist



Paras in PE

Paraeducators, under the direction of the PE teacher, can:

- Provide instructional support to one or more students
- Monitor equipment use, participation and safety
- Modify materials or equipment
- Collect data on student performance
- Implement behavior plan consistent with classroom
- Provide personal care assistance

PaTTAN Website Resources

How to get to the PaTTAN website

www.pattan.net

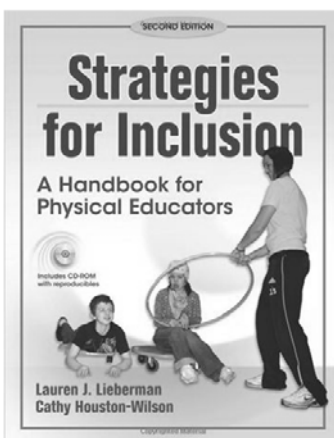
- Educational Initiatives
 - Adapted Physical Education

Resources

- Adapted Physical Education videos
- Physical Education web resources



Textbook: Strategies for Inclusion



Liebermann, L., & Houston-Wilson, C. (2009). *Strategies for Inclusion: A handbook for physical educators*. Champaign, IL; Human Kinetics

A Great Resource to Explore!



American Alliance for Health Physical Education Recreation & Dance
<http://www.aahperd.org>

Additional Resources

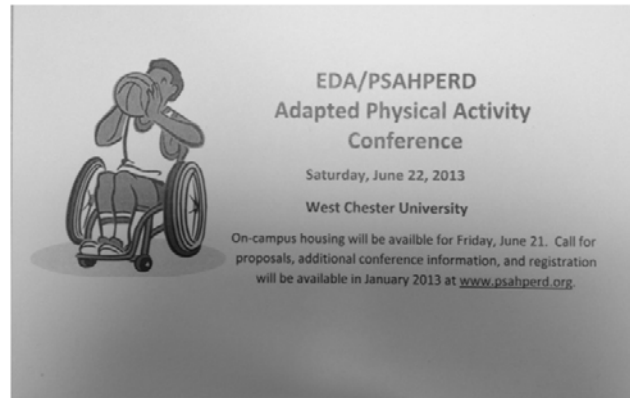


This website is designed to assist individuals who wish to become Nationally Certified Adapted Physical Educators (CAPE). The website defines Adapted Physical Education, provides a mission statement, identifies the 15 APE National Standards, and offers information on the CAPE certification process.



Adapted Physical Education National Standards (APENS)
<http://www.apens.org>

Mark Your Calendars!



Mark Your Calendars!

2013 PSAHPERD Annual Convention

NOVEMBER 21-23, 2013
VALLEY FORGE CONVENTION CENTER
VALLEY FORGE, PA



REGISTRATION INFORMATION COMING SOON!!!

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Office for Elementary and Secondary Education

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Bureau of Special Education

Patricia Hozella, Assistant Director
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